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Three garden areas provide pretty setting for livable backyard **P. 13**

READ MY BOOK:

Flying Time examines the victims of war **P. 20**

SHARP EATS:

How to grow your own herb garden and why you should give it a try **P. 22**



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TORNADO HUNTER GREG JOHNSON IS MAKING A CAREER OUT OF PHOTOGRAPHING SEVERE WEATHER
P. 6

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SHARP EATS PG. 22



The city's chef Matt Sutherland grows a herb garden on the restaurant's roof. QC PHOTO BY RICHARD MALKIN

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Longtime resident takes a long drive through the city. QC PHOTO BY STEVE SCHLESER

QC COVER PHOTO BY BRYAN SCHLOSSER

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IN THE CITY

AUGUST 24, 2016 — 1:07 P.M.

Thunder and rain



Edgar Diaz watches his girlfriend a day before back for the Nippon Thunder football team as he plays against the Edmonton Wildcats Sunday. GC PHOTO BY MICHAEL TELL.

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ON THE COVER

Our goal is always to capture the world's most extreme imagery. — Greg Johnson

'TORNADO HUNTER' GREG JOHNSON

Thrill of the job hinges on photography

By Ashley Martin

It sounds like something out of a movie.

Last May, Greg Johnson was in El Reno, Okla., and found himself in the middle of a 10-kilometre-wide tornado.

A truck flew by. A barn exploded. Three people he knew were killed in the storm.

"The fact that we survived, post-it's embarrassing, but at the moment it was absolutely terrifying," said Johnson.

But it sure beats writing photography.

"Horrible" is how Johnson describes his introduction to professional, picture-taking — shooting "barns, weddings, pedicure, French fries."

He was a hobby shooter for years, working on yearbooks during high school in Okla., and for the school newspaper while attending Aveda University in New Scotia. But Johnson went pro in 2008 when digital technology made his craft much more accessible.

He launched Greg Johnson Photography, which in 2010 morphed into Rogers ad agency Look Matters. But after shooting some 500 weddings, among other things, he opted for more exciting subject matter.

He'd been fascinated by extreme weather ever since a lightning-bow storm between Regina and Carleton Place left him in a ditch. He learned later that a tornado had passed through.

"That's where he became interested in shooting storms."

It has to do with the camera and the thrill of getting that position that never gets old. We've got some shots from him that I would put up with the best weather shots in the world. To capture that, there's nothing like it."

Johnson took his first "storm chase vacation" in 2009. In 2010 he told his stake in Look Matters to try to become a full-time storm chaser.



Greg Johnson took his first "storm chase vacation" in 2009 and has been hooked on shooting extreme weather ever since. GC PHOTO BY STEVE SCHMIDT

We're driving a bulletproof fortified truck with rollover protection and all the safety gear imaginable. We have to trust the ability of that truck to keep us safe, and it did — Johnson



A rare hail wedge streaks in Pelly. **Feb. 10, 2014** Greg Johnson and his crew take all the necessary precautions to ensure they stay safe while chasing storms. **Photo by Greg Johnson**

Now branded as the "hailstorm hunter," Johnson makes his living chasing tornadoes. The town surrounding his new profession has resulted in an international book tour (for *Blown Away* published in 2013), a reality TV show (*Colorado Hunters*, airing this fall on CMT), and his proudest achievement: getting his name on the National Speakers Bureau, listed among people like Romeo Deltoro, Mike Gansau, Chris Radford and Sikiru Lou Martin.

All these incredible, iconic Canadian people, and there's my name in the mix with them," says Johnson. "That's a pretty cool feeling to know that you're in that sort of elite company."

In spite of his current job, Johnson did not grow up as a weather enthusiast, or even as a budding "I grew up as a hockey rink."

He says he was terrible at hockey but loved the game. He spent his free time refereeing through high school and university where he studied political science. His career plan was to go into politics. It was a hard plan.

A stint as a political staffer on Parliament Hill showed him, "It wasn't what I had imagined it to be, and frankly didn't last very long, and I've never looked back."

Johnson returned to retool, which eventually led to a job in the Western Hockey League. That's

how he made his way to Saskatchewan, moving first to Saskatoon in 2005, then Regina in 2006.

He worked a variety of other jobs to supplement his income before taking the plunge into storm chasing.

Seeking adventure through storm-chasing may have been his hobby.

Johnson's parents, Doug and Pat, are adventurers too. Their last trip was to Iceland. They've explored volcanoes. They recently spent six weeks in China.

But while Johnson's job means taking risks, he is not much the quiver his hero Rick Hansen. "There's a difference between taking risks and being reckless."

Continued on Page 8



Greg Johnson takes risks on the job but he's not much of a hero by Mike Schuchman

The fact that we survived, yeah it's exhilarating, but at the moment it was absolutely terrifying

— Johnson



A tornado in Salina, Kansas, on April 14, 2010. "We always have an escape route," said Greg Johnson of chasing dangerous storms. PHOTO BY GREG JOHNSON

"We always have an escape route, our navigation's important, safety's important, but that's all so we can take those risks that are going to allow us to get the best images we can possibly get," said Johnson.

"We" is his tornado-hunting team of Ricky Forbes and Chris Chittick.

"We can catch 30 different storms and forecasting demons in our truck while we're chasing and all these are good within a few square

kilometres," said Forbes, who grew up in Saskatoon and now lives in Cummins.

"We can tell where the circulation is, where the rotation is, where we would expect to see the storm, and then we get up there and also judge with our eyes and when we see it, we decide the risk that way."

Three American storm chasers, friends of Johnson's, were killed last May in an F5 tornado, by the deadliest tornado ever recorded.

While it gave him pause, he sees their situation as contrary to his own.

"They made some tragic mistakes. They ran out of money so they were chasing in a car instead of their chase truck," said Johnson. "We're driving a bulletproof, fortified truck with rollover protection and all the safety gear imaginable. We have to trust the ability of that truck to keep us safe and it did."

When they come across massive

storms like that, "it definitely does make you question (the risk), but at the same time we're out there reporting on those," said Forbes. "We always call in the storm as we see them, and so we like to thank that we help mitigate the risk for others because they'll avoid their storm areas in their communities."

♦ ♦ ♦ ♦

When it comes down to it, for John-

son, tornado hunting is all about getting shots of events that are seen by so few people.

"Our goal is always to capture the world's most extreme imagery. That's our motto," said Johnson.

"Seeing Mother Nature at a damn close (quite) nobody else gets to see that," said Forbes. "That's the fact behind the chase is going after that. I know one of Greg's major drives is getting that photo that nobody else has."

When I told people I was going to be a storm chaser, people laughed, I mean literally laughed — Johnson

Perkins says storm chasing requires a lot of passion, which John son has.

"We only see a tornado about one percent of the time and the other 99 percent is all about getting in position, trying to find that storm, drive thousands of kilometers. Lots of times it just doesn't play out, but that's the beauty of storm chasing. There's only a few people that are willing to put it all on the line and keep going, keep going, until they get that moment, and it's defining part of his character."

Through pursuing a passion as a career, Johnson wanted to share his children — Oliver (13), Cooper (11) and Grady (7) — that they should chase their dreams.

"I hate that 'follow your dreams' line, but I definitely want them to understand that I do what I do because I love it and I'm passionate about it."

He wants to show them they don't have to conform to trends.

"That whole idea of being just like everybody else is never ever the ticket to success, ever," said Johnson. "Only exceptional people change the world."

It may be a small change, but he points to the *Buried Alive* series, a band that gained mainstream success in spite of people protesting its controversial music.

"I was sure when they put out their name, being the *Buried Alive* band, there'd be a lot of people [who] said, 'Oh, you can't do that, you're going to get sued.' People are going to say, 'I said Johnson who says he has a similar experience making his career shift.'"

"When I told people I was going to be a storm chaser, people laughed. I mean literally laughed," said Johnson. "But now 'people have a much higher awareness about severe weather' — and I'd like to think that is one small way that I contributed to that and that's made a difference. And that's the message for my kids: 'I want them to be these great changers and not just knowledge and doing everything like everyone else. And our show reflects that reality.'"

Tornado likens, which premiere on TV on Oct. 8 (with web



Chris Chalkley (left) and Ricki Perkins (right) make up Greg Johnson's team. Tornado Hunters are on the set of Johnson's TV series.

sides currently online), was a prodigy of being a little out there, says Johnson.

"None of that would have happened if we'd sort of played it safe and done what every other severe weather expert website had been doing," he said. "In fact in many cases, the severe weather crowd, whether they're meteorologists or other storm chasers around North America, they kind of belittle us. We're just geeks, we're weird. Nobody expects that in any line, of course."

But at the end of the day it's driven some wild seasons and I'm super proud of it. So they can laugh all they want. They're working their media-management jobs and I think probably making they were us."

Johnson started storm chasing in a Nissan Xterra by himself. As the demands of his job grew, so did his team.

"It's hard to take pictures, run guns, drive, Twitter and Facebook, and communicate with National Geographic, and do media interviews and all these things at the same time," said Johnson. "So more manpower was needed."

Perkins has worked with Johnson for the past three seasons.

"I was only going to come out a few times but then I saw my first tornado and I was, like, 'dude, I want to make this work,'" said Perkins.

Chalkley came on in spring 2013,

having previously met Johnson while storm chasing on part of Discovery's *Storm Chasers*.

He's like the Bill Packer character on *Twister*, switching teams.

Speaking of the 1996 Hollywood blockbuster real-life storm chasing is "one of the best," said Perkins.

"We've got three or four other teams that we compete with and ... you're all kind of friends because you're the only ones out there battling that, but at the same time you're all trying to fight for that slot and fight for that paycheck, so it gets pretty interesting," he added. "There'll be heated arguments on the side of the highway in the middle of nowhere. There's definitely a sense of competition, especially over social media and

stuff because that's where everybody bows their own marketing — so lines will be crossed and words will be exchanged. It's really funny, seriously."

Johnson's team logs 300,000 kilometers a year, mostly in the Midwest. During more than 1,000 hours in company each season, Johnson says it's rarely a matter of getting on each other's nerves.

"Overall, we actually enjoy being on the road."

"We're spending that much time together; you really get to know a person," added Perkins. "It's like a best friend, it's almost like a sibling relationship when you're around somebody that much. It has its ups and downs but it's a lot of fun."

Continued on Page 10



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There's only a few (people) that are willing to put it all on the line and keep going, keep going, until they get that moment, and it's definitely part of his character. — *Ricky Forbes*

From mid-April to the end of July, Johnson estimates they spend 40 days chasing. It's not always a comfortable lifestyle.

"Some nights we end up sleeping in the truck," said Johnson. "Sometimes we need to travel 3,000 kms in 24 hours and no sleep at all a problem and lots of times you're sleeping in the back seat while somebody's driving upstairs." It's not always the healthiest of either.

Johnson admits he put on 15 pounds this season. McCusker food is his vice, he says, because you can't get it home.

Four months on the road does not equate eight months of vacation.

"Chasing is seasonal, because of the weather, but the business of running tornado hunter.com is full year-round. I make all of my money off of this from September to March," said Johnson.

He does speaking gigs and concert workshops. And now he's also on a TV show.

Tornado Hunters resulted in Toronto-based iStation Media wanted to produce a weather show.

Director-producer Paul K&K back and his partner shared him upon Johnson's website, where the team had posted goofy videos of themselves, in addition to storm chase footage.

"Obviously they chase tornadoes, and we thought 'Well that can't be bad.' TN" said K&K.

Continued on Page 12



Photo taken over Gibson, Sask., on Aug. 6, 2013. Photo credit: Chris Johnson

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When you see what they're doing, it's not contrived, it's not a reality producer setting up scenarios
They're instantly likable — Paul Kilback



Aftermath of a EF5 tornado in Moore, Okla., on May 20, 2013. Photo by GUY LAWRENCE

Last August, he came to Regina to meet the local storm chasers. By the time he left, there was a TV deal.

"There's authenticity in the appeal of those characters, says Kilback.

"When you see what they're doing, it's not contrived, it's not put on, it's not staged, it's not a reality producer setting up scenarios. They're instantly likable. The first thing you get is, 'I want to hang out with these guys, I want to go on a road trip with these guys,'" said Kilback, who now filmed that, after many road trips in making the show, but instant you right.

"We had 30 weeks of cameras on your face, just like you'd expect from any reality TV show," said Johnson.

At first it was a little odd, but by the end of it we were so used to it that

we were almost helping the producer out."

"It's so awesome getting to tell other people the story of what we're doing. It's been really cool," said Forbes.

Kilback is sure people will love the show for a few reasons.

"At the time, you've got a very thrilling kind of activity. You're chasing storms, you're seeing things that people don't get to see. You're seeing that danger and adventure that goes with it. But more so, you get to see three guys who are unbelievably genuine in their relationship and how that works, they're hilarious, they're funny and I think people will identify with that," he said. "I think that by the end of it, you watch the stuff and you love these guys."

Johnson hopes the show will open doors for him. He'd like it if Tornado Hunters ran over several seasons. In his dream, he'd someday host a Daily Planet-type show.

"For me there's nothing that's off the table. I certainly don't have any desire having to be a storm chaser," said Johnson. "If other amazing opportunities show up in my life, then that's great. I don't have a crystal ball, I can't tell the future."

It's hard to see that Tornado Hunters' success will come soon.

People are fascinated by the weather, said Johnson.

"Even news directors at TV stations will tell you that when they broadcast interesting weather stories, ratings go up," he said.

That's exactly why a photo by his

action photographer Colleen Makenzie went viral last month, as a tornado photographed the newsworld, despite she was shooting near Davidson.

"Obviously there's something to be said for luck and being in the right place at the right time, and she did a great job, but that's a perfect example," said Johnson. "She's probably taken thousands and thousands and thousands of wedding photos that frankly no one's ever going to see. But she gets this one photo, so one series of photos, that everybody in the world wants to see, because of a pretty cloud in the background."

While Nolan's photo, which was shared 30,000 times through Facebook, garnered her lots of new fans, it's likely Johnson's star will continue to rise with his new TV show.

He's already got more than 50,000 likes on Facebook.

"I'd be lying if I said that it's not really cool to have people that are literally fans," he said. Johnson was recently recognized while out for dinner with friends, and he's been approached at Costco by people who want to take pictures. But as far as fame goes, he says he's in a good position.

"The next Matt Damon walking down the street, or Ryan Reynolds. There's certain people that have been recognized and I'm fortunate that I'm kind of almost in a sweet spot where it's enough to be interesting and fun, but it's not enough that I can't go to the grocery store."

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SPACES

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REGINA'S BEST SPACES

Produce prospers in varied veggie garden

By Ashley Martin

WHO? Louise Petrakis

WHAT/WHERE? The yard and garden of her River Heights-area home in Regina.

WHEN? This is a Petrakis's third summer at her home. When she moved in she had a dream for the space, even though at the time it was just an empty yard full of grass and weeds. Her previous home in Capri had a small treed yard, which meant she could only plant black olives — "hens' foot" tomatoes. She wanted to do more than that.

"I always always wanted to have a garden, and it just fit my way," she said.

WHY? "I guess gardening is in my blood. I've always wanted to, but never had the chance, so now I have," said Petrakis.

She has a passion for healthy food and healthy living, so she has enjoyed being able to grow her own produce ever since it's been a learning process.

HOW? Petrakis has three varieties of gardens: a traditional in-ground plot, raised beds and tower gardens.

The latter, she calls "steroids for tomatoes." Tower gardens require little maintenance — there's no need for weeding. They don't even need to be watered every day.

"They grow really fast because the roots don't have to go looking for food, the food is just supplied just dribbled over the roots," said Petrakis.

The heavier produce (tomatoes) is at the base of the tower. Softer, leafy vegetables, Swiss chard, lettuce, and kale sit at the top.

The beauty of tower gardens is they can grow indoors all winter. Petrakis keeps hers in her basement, where it serves as a "grow up for lettuce and Swiss chard and kale and greens."

The downside of tower gardens is they don't as much like root vegetables. So in her raised beds Petrakis is growing squash and cucumbers. In the ground, she's got beets, potatoes and lots of other stuff.

Surrounding the plot are a bunch of rocks, whose place there originated to prevent grass from creeping into the plot.

Petrakis loves rocks and collects them from her travels. But many of her stones came from a geologist, via a neighbour who knew of her collection.

QC PHOTOS BY DON HEALY

Continued on Page 14





Are you a young adult (12-18) looking for something to do on Monday nights?

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SPACES



"We gathered them all the way from the Mission in Montana up to the Northwest Territories and they all have numbers on them," said Petrolo of the project, who passed away about 10 years ago.

"We had them all documented" she added. The numbers pertain to the year they were found and the co-ordinates of their origin.

Elsewhere in the yard, flowers provide splashes of colour. Discolors hang from the trees.

"The sun hits them and it's kind of ethereal," said Petrolo. "Maybe the birds like it."

An old pet-bellied dove serves as a planter pedestal.

There are three sitting areas — one around a fire pit, which a designer smokes as little as possible; another also a pet-bellied dove; and a third that a neighbor was donating.

Petrolo likes to reuse and recycle when she can.

Even a work in progress, her plans for her yard include fixing the sidewalk, building a shed and a gazebo and building a greenhouse to cover the lower garden so they can be outdoors March through November.

Though gardening is time-consuming, she doesn't see it as a chore.

"The garden has their own hobbies. This is one of mine," said Petrolo. "It's what I like to do."

A lot of it hinges on health. "I think that growing your own food is the best thing you can do for yourself health-wise," said Petrolo. "It's just a feeling of accomplishment and you're part of one with nature."

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sasksciencecentre.com



at the Saskatchewan Science Centre, 2303 Powerhouse Drive
for show times, please visit sasksciencecentre.com

EVENTS

MUSIC

Wednesday, Aug. 27

Wednesday Night Polka
Creek City
Bushman, 2295 Dewdney

**Backback Wednesday with
Leather Cakes**
Mudlily's, 2236 Dewdney Ave.

Calbedemini
7:30 p.m., Knox Metropolitan
Church, 2360 Victoria Ave.

**Troy Black, Mylo & Julie
Bentley**
The Club at the Exchange
3621 Eighth Ave.

Thursday, Aug. 28

Third Degree Blues
The Pump, 641 Victoria Ave E.

**The PPL, The Pistol Whips,
No Aloha**
Mudlily's, 2236 Dewdney Ave.

Friday, Aug. 29

Acid Pickings
YQPR, 1470 Toronto St.

Herb & the Humans
Oxleytons, 1947 Scarth St.

Third Degree Blues
The Pump, 641 Victoria Ave E.

Saturday, Aug. 30

Friends Festival
9-11 a.m. Featuring Moxie,
Hillside, It's Danny, Flatland
Funk and more.
City Square Plaza

Friends Festival After Party
Featuring Def 2, Two Sief,
Agnesi, Hillside and Moor
Heekish Lounge, 2178 Essex St.

Third Degree Blues
The Pump, 641 Victoria Ave E.

Sunday, Aug. 31

Friends Festival
9-11 a.m. Featuring Drowski,



Third Degree Blues playing at The Pump on Wednesday. Submit its music.

Isaacson and more.
City Square Plaza

Friends Festival After Party
Featuring Disco Mingo,
Drowski and more.
Gallo's, 2338 Dewdney Ave.

Midtown Cabaret
Featuring Ami White
6 p.m., April on Ballistic,
Exotic Plaza

Third Degree Blues
The Pump, 641 Victoria Ave E.

Academy and Flo
Artful Designer, 16311th Ave.

Monday, Sept. 1

Monday Night Jazz & Blues

The Jazz Band-its
Bushwacker, 2295 Dewdney

Weekly Drum Circle
Instructors provided
1:30-5 p.m., The Living Spirit
Centre, 3028 Dux St. Call
Mike, 305-550-3991.

Tuesday, Sept. 2

Royal Wood
Artful Designer, 16311th Ave.

VISUAL ART

**Kevin Wey Duke and Cooper
Battership Here in Every-
thing**

Remixed by an embedded
cat and rabbit who claim to

be speaking to us from the
future, this is a bit more
reflection on the inevitabil-
ity of death, the existence of
God, and the possibility of
redemption. Part of Theory
Plus Time
Until Aug. 27, Dunlop Art Gal-
lery Central Midtown, 2311
12th Ave.

**Comedy in Tragedy Plus
Time**

Canadian and international
artists explore the relation-
ship between the tragic and
the comic.
Until Aug. 27, Dunlop Gallery,
RPL Central Branch, 2311 12th
Ave. And Dunlop Gallery, RPL
Sherwood Village Branch, 5221
Beverly Rd.

Non Over you
Mark Cribb's work uses
text-based forms of public
address. This phrase "not over
you" leans over the build-
ing and over the individuals
they pass through its doors a
downfall on the distance
between the physical and
emotional spaces we simultane-
ously occupy.
Until Aug. 27, Central Library,
2311 12th Ave.

**East Nelson Art, Hip-Hop
and Aboriginal Culture**
Various artists juxtapose
urban youth culture with ab-
original identity to create in-
novative and unexpected new
works — in painting, sculpture,

installation, performance
and video — that reflect the
current realities of Aboriginal
peoples today.
Until Sept. 7, Makenzie Art
Gallery, 3675 Albert St.

**Ying-Yueh Chang: Made in
Medalla**

Organic elements of plant life
from land and sea represented
in clay.
Until Sept. 27, State Fine Art
Gallery, 2076 Halifax St.

**Selinde Harrow Glening
Blows**

Delicate and electrifying per-
formances of woven interaction with
our constructed environment.
Until Sept. 27, State Fine Art
Gallery, 2076 Halifax St.

Contemporary Canadians

The Art of Scott Nicholson
Fine Arts features the works
of Canadian fine artists who
have created works of art in
three distinct styles: portray-
ing the essence of contempo-
rary Canadians.

Until Oct. 31, Regina Centre
Crossing, 1621 Albert St.

Academy Gallery

2266 Smith St.
Open Tuesday to Friday, 10
a.m.-5:30 p.m., Saturday 12
p.m.-5 p.m.

Myrielle Gallery

2196 12th Ave.
Open Tuesday to Saturday, 10
a.m.-5:30 p.m.

National Board

4203-16th Street St.
Open Tuesday to Saturday 10
a.m.-5 p.m.

Oakland Gift and Fine Arts

Oil and ink paintings by Chi-
nese artists Lingpo Jiang and
Huiyao Tian.
2312 Smith St. Open Monday
to Saturday, 10 a.m.-5 p.m.

TAT Contemporary Gallery

1621 15th Ave.
Open daily 11 a.m.-6 p.m.

EVENTS

COMEDY

The Leagh Sheeh

Live standup every Saturday night, 9:30 p.m., Riverside Hotel, 1816 Victoria Ave.

PERFORMANCE

Alison S.M. Kobayashi with Christopher Lane: Thinking As You Think

Both aspects comprise the narrative context of this one-woman performance by Brooklyn, N.Y.-based Kobayashi, which merges consumer technology with an array of dark, funny, and strange characters. Kobayashi will also provide a monologue for a series of improvised scenes by Jordan Pfeffer, Katie Rich, Colby Richardson and Judy Wenzel. Aug. 21-8 p.m., Artful Dodger, 1631-11th Ave.

How to Give Feedback Workshop for poets and performers

Friday, Thursday, 7-9 p.m., Creative City Centre, 1643 Hamilton St.

Blindfold

A printz girl is seduced into sports fandom and discovers the rules don't just apply to the game. One woman show starring Colleen Sutton. Aug. 28-30, 10:00 p.m., The Artspace, 2627 13th Ave.

DANCING

Bake on This Place with Regina Sehears

Aug. 28, 7-10 p.m., City Square Plaza

Ode, Tyme Sam Ganga

Featuring a live band and 18-20 Karish, live music by Les Gedeon. Aug. 28, 8 p.m.-midnight, Historic Ball Room in Indian Head

Delve Dance Party



Colleen Sutton is starring in the Artspace's *Blindfold* one-woman play (above left). This weekend? Just as it's worth checking out ANDREW J. LEAMER PHOTO

Every Sunday
McMurry's, 2220 Gwendolyn Ave.

Left in Lounge

First Monday of the month
Hosted by Chahnesta Davis.
Start: 11 p.m. 11:30 a.m.
Artful Dodger, 1631-11th Ave.

FOR FAMILIES

Stairs and Strollies

Wednesday, 1 p.m.
Christine Odessa Southland Mall, 3625 Gordon Rd.

Bake & Difference

Combat bullying through baking: spread kindness with a cookie.
Wednesday, 5-7 p.m.
Sweet America's Bakehouse, 230 Winnipeg St. N.

Drop In Info or Playground

Friday, 9-11 a.m.
South Lakes Centre, 100

Sunset Dr.

Mines and Tut Bowed Meetings

Hosted by Kate Murray, 305-236-2381.
Friday, 10-11:30 a.m. Early Learning Family Centre, Scott College, 3300 7th Ave.

Build and Grow Clives

Build a special treasure project.
For children ages 5 and up.
Saturday, 10 a.m.,
Lewes 4555 Gordon Rd.

Milehigh Kids Club

Saturday, 10 a.m.-noon
3038 Prince of Wales Dr.

Family Favorites Films

Enjoy a favourite film for just \$2.50.
Saturday, 11 a.m., Dallas Cafes, 420 McCord Blvd. N.

Family activities

Saturday and Sunday, 2 p.m.,
Saskatchewan Science Centre, 2953 Powerhouse Dr.

Family Studio Sundays

Monday, 2-4 p.m.
McKenzie Art Gallery, 3475 Albert St.

Parent and Preschooler

Jungle Gym
Monday, 9:30-11 a.m.
Wilfrid Laurier Wellness Centre, 440 14th Ave.

Moan's Morning Out
3020 Ashhurst Dr., western@ashol.net

Members of Pre-Schoolers

(MOPS)
Newstead Park Alliance Church, mops@newstead-park.ca

Regina Newcomers Club
regina.newcomers.club@gmail

Item

Time Out For Parents
At Regina Family Wellness Centre, 2250 Lindsay St., 305-525-0889, arfep@assault.net

Y'a Monse Group

YWCA, 2620 13th Ave., 305-757-9822

YWCA Regina

1945 McIntyre St., 306-525-2161

MUSEUMS

New York School Museum

1650 Fourth Ave.
Tour by appointment only
(306-533-3000)

Globe Museum of Regina

1375 Broad St.
Tuesday-Friday 10 a.m.-4 p.m.
Saturday noon-6 p.m. Closed
Sunday and Monday

Government House Museum

& Heritage Property

4607 Gwendolyn Ave.
9 a.m. to 5 p.m. daily

ICMHP Heritage Centre

5807 Gwendolyn Ave.
Open 10 a.m.-6 p.m. daily

Regina Firefighters Museum

1203 Ross Ave.
Tour by appointment (306-777-7741)

Royal Saskatchewan Museum

2445 Albert St.
Open 9:30 a.m.-5 p.m. daily

Saskatchewan Military Museum

1800 Blythmore St.
Open Monday and Thursday, 7-9 p.m., or by appointment (306-347-9340)

Saskatchewan Science Centre

2953 Powerhouse Dr.
Tuesday-Friday 9 a.m.-5 p.m.
Saturday-Sunday and holidays, noon-5 p.m.
Closed Mondays

Saskatchewan Sports Hall of Fame

2305 Victoria Ave.
Monday-Friday 10 a.m.-4:30 p.m.
Saturday noon-5 p.m.
Closed Sunday

OTHER HAPPENINGS

Regina Farmers' Market

Wednesday and Saturday, 9 a.m.-1 p.m.
City Square Plaza, downtown

RCMP Sergeant Major's Parade

Wednesday, 10 a.m.
RCMP, 1340 Avenue, 5550 18th Ave.

Words in the Park

Hosted by Saskatchewan Writers' Guild.
Aug. 31, noon-1 p.m.
Victoria Park, downtown



taste

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EVENTS

Market Under the Stars

Rejoice Farmers' Market evening event featuring food trucks, liquor tastings, celebrity wine tastings and more.
Aug. 27, 4-9 p.m.
City Square Plaza

Yoga Party

Hosted by Bodhi Tree Yoga.
Aug. 27, 5-6 p.m.
Victoria Park downtown

Sapek Takeus in the Park

Hosted by Sapek Takeus Association of Saskatoon.
Aug. 27, 6:30-8:30 p.m.
Victoria Park downtown

Art in the Park with the Dunlop Art Gallery

Join Dunlop Art Gallery for a different art activity each week. Aug. 28, noon-1:30 p.m. Victoria Park

Culture on the Plaza

Regina Multicultural Council presents dance and performance. Aug. 30, noon-1 p.m. City Square Plaza

Tai Chi in the Park

Hosted by Regina Tai Chi Society.
Aug. 31, 10-11 a.m. Victoria Park

Saskatoon's new thought leaders vs. Winnipeg's Blue Bombers

Aug. 31, 7 p.m.
Mosaic Stadium

Fiesta & Prose Trivia

Thursday, 8:30 p.m.
O'Brien's, 1547 Smith St.

Disc Golf in the Park

Sept. 1, noon-1 p.m. Victoria Park

Chess in the Park

Chess games and lessons.
Sept. 2, 11 a.m.-2 p.m. Victoria Park

Ultimate Frisbee Drop-In

Sept. 3, noon-1 p.m. Victoria Park

Chess/Drop Challenge

Drop-in gathering of board game enthusiasts.
Every Tuesday, 6 p.m.-midnight
Bolder Plaza, 542 Albert St. N.



The Labour Day Classic game, long since 1949, returns to Mosaic Stadium on Sunday as the Saskatoon Roughriders take on the Winnipeg Blue Bombers. (CP PHOTO BY MICHAEL BELL)

#FILM

Dangerous Acts

Documentary
Bakara Free Theatre is a troupe of subversive performers who, in a country choked by censorship and repression, defy it using a list of remaining dictatorship, when authorities failed critical examinations of such topics as sexual orientation, suicide and politics, the Free Theatre responds by injecting these taboos into performances staged in underground. And yet, because of the power of their message, they receive critical acclaim overseas. Comprised of smuggled footage and interviews

Ukraine Is Not a Boy

Documentary
Women's tugboat feminist sensation

Femen has created a media frenzy across Europe, but before they take the world by storm, these bold and beautiful women must confront the dark and perverse forces that power their organization

Reina Pálida Library Theatre

231 12th Ave., 304-777-6034

Flight of the Butterflies

Documentary
John hundreds of millions of butterflies on an amazing journey to a remote hideaway in the mountains of Mexico

Kargan Animal Kingdom

Documentary
Discover Kargan's famous fauna in their natural habitat, including the Big Five — lions, African elephants

Crow buffalo, leopards and black rhinos — and graffiti, hippos and cheetahs. Meet two fearless young Mousa and follow them on their ritual safari.

Wanted: A Lemniscate Medallion

Documentary
Join scientist Patricia Wright on her lifelong mission to help endangered lemniscate survive in the modern world. Narrated by Margot Freeman.

Winter Inner

2503 Powerhouse Dr.
304-522-4479

#NEW MOVIES

The November Man

Action
Former CIA operative Peter De-

vries (Kiefer Sutherland) is brought back on a very personal mission and finds himself pitted against his former protégé in a deadly game involving high-level CIA officials and the Russian president-elect.

Galaxy Chrome

420 McCulloch Blvd. N.
306-522-3034

Director's Edition

Southland Mall Cinema
3520 Carleton Pl. 306-550-3333

Barbican Cinema

Golden Mile Shopping Centre
3808 Albert St. 306-529-5250

Event listings are a free community service offered by CP Listings within printed space limits.

READ MY BOOK

LOCAL AUTHORS: Writers tell us what makes their book worth reading

#SUZANNE NORTH

Flying Time examines the victims of war

Some people have a strong attachment to the place of their childhood and I think I must be one of them. Although I have lived in Saskatoon for over 40 years, I was born and raised in Calgary. That city the foot hills and the nearby Rocky Mount seem to have left an indelible experience on me.

My husband claims I imprinted on Calgary and the foothills like baby ducks do on their mothers and perhaps he's right! It would not be that is why I have set all my books there.

My latest novel, *Flying Time*, tells the story of a naive, working-class 18-year-old woman who goes to work for an elderly, very wealthy Japanese businessman in 1939. A friend

ship slowly develops between Roy and Mr. Miyashita as the shelter of their down town Calgary office. But as their friendship grows, Canada's relations with Japan deteriorate and war looms.

In November of 1941, Mr. Miyashita sends Roy as his representative to recover property belonging to his family. Roy is a journey that changes her life.

A dream like flight on the legendary Pan American flying boat takes



Suzanne North

her across the Pacific while, at the same time, the Japanese way in conceiving into position for the attack on Pearl Harbor and the small personal emotions of Southeast Asia.

What begins as a dream voyage for Roy soon turns into a nightmare as Japan enters America. But as Hong Kong and she is

lucky to escape the doomed city. Shortly after she arrives back in Calgary, the Canadian government orders all persons of Japanese descent to be interned in special

camps and their homes and businesses confiscated. This order at the time of the attack and now called Mr. Miyashita's story, along with his wife, is sent to a camp in the interior of British Columbia.

Writing *Flying Time* gave me a chance to examine my heritage through the lens of history. I would like to show how the huge events of war happening thousands of miles away could have profound effects on the lives of those in a small, seemingly safe province city in Canada. No bombs fell on Calgary, but lives there were shattered.

Flying Time is available at Mc Nelly Robinson in Saskatoon, Chapters/Indigo and Amazon, and through www.britishcolumbiapress.com.



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SHARP EATS

SASKATCHEWAN FOOD SCENE

How to grow your own herb garden and why you should give it a try

By Jenn Sharp

Easy to grow and low maintenance, herbs are a gardener's best friend.

The gardening season is winding down, which means it's time to plan for next year. If you don't have the space or inclination for a full-blown garden, try adding a few pots of herbs or even a raised bed. Nothing tastes better than fresh basil leaves on a tomato sandwich or rosemary infused roast chicken.

Several establishments in Saskatoon and Regina are utilizing what every space is available to grow fresh herbs. Sell in Regina has a herb garden in the window while Calamus in Saskatoon grows herbs on the alley. The Ivy in Saskatoon has raised beds on the rooftop, where executive chef Matt Sutherland grows about 10 different herbs including four rare varieties that require special care.

The raised beds were built in July by B & D Gardening Services. Debbie and Ray Pomeroy started the company to share their enthusiasm for garden ing.

Our mission... is to bring people and plants together. We really hope that people would consider (start ing) to grow things in the city. Urban space doesn't mean that we can't have bits of greens to grow and good things to eat that we grow ourselves," Ray says.

Now, The Ivy has a steady supply of herbs to serve fresh and to dry for use in the kitchen.

I was never much of a gardener before but you know as you go, I love it," says Sutherland, who was up on the roof tending the garden the day I called.

The garden has been such a success that they plan on building 12 more boxes next year and growing their own children. The Ivy's fall menu will feature the herbs prominently as everything from a new pickled dish to Omelette.

The Pomeroy's are big advocates of



The Ivy's executive chef Matt Sutherland grows more than 10 herbs varieties in a raised bed garden on the restaurant's rooftop. QC PHOTO BY RICHARD MALLIN

of the herbs. It can make them stress out.

SIX TIPS FOR BUILDING YOUR OWN RAISED HERB GARDEN

1. Lay your order for herb beds 100 cm x 60 cm and stand about 90 cm high.
2. Soil is heavy especially when it's wet. Know the load capacity of your rooftop or balcony before you build

3. Create your own ideal soil conditions for the plants you'll grow.

4. Most herbs need ample sunlight — place your gardens appropriately.

5. If you have a limited amount of soil, it will dry out faster. Make sure you're watering enough. That's not as much of an issue when the raised bed is placed on the ground. That

- way, the plants can grow deeper down if they need.

6. The beds only have 12 cm of soil and sit on a tabletop, which means you're not bending over to garden. You'd be surprised by what you can grow in just 12 cm of soil. Ray experimented in his own raised beds this year and planted tomatoes with the help of some Miracle-Gro and water; he hit an ample crop.

SHARP EATS

THE TOP THREE HERBS TO GROW

The choices are endless, but if you have limited space, Milton Rebelo, executive chef at the Hotel Saskatchewan in Regina, has some advice.

He and his wife, Louisa, are passionate about gardening, and grow enough for their family, but also for special functions at the hotel and Milton's Farmer's Market Menu seasonal on Wednesdays and Saturdays.

"I have grown basil for a year for my chef. I love to garden, the health benefits of herbs to my culinary teams and our guests at the hotel... the flavour is so much more intense and fresh than compared to store-bought herbs," he says.

BAZIL

* Back home in India, basil is considered holy, revered for its medicinal properties and worshipped by Hindus. It is known to relieve stress, cure common colds and cough, and even ease kidney stones if used over time.

* Versatile and strong enough to flavour the dish, just sweet enough not to overpower the flavour.

* We also make our own basil pesto, basil oil, and for dessert, we dress our chilled berries with honey basil and lime.

MINT

* At the hotel, we make a mint and lemon sparkling wine sorbet, mint and chocolate chocolate, mint and chocolate chippy on our lemon sliders, and use dehydrated mint leaves with sugar crystals for garnish.

* Nothing soothes a sore throat as much as mint and lemon tea with honey.

CILANTRO

* It complements Indian and Mexican dishes very well.

* It grows really fast. Use cilantro flowers as an edible garnish. The flower has a beautiful flavour and is visually stunning.



Executive chef of the Hotel Saskatchewan, Milton Rebelo, grows mustard sprouts and micro greens for the Great Saskatchewan Mustard Festival, held on Aug. 24. (PHOTO COURTESY MILTON REBELO)

ON THE SCENE

#HILLBERG & BERK

Hillberg & Berk (H&B) knows how to make an introduction.

The Regina-based luxury jewelry design company introduced eagerly awaiting fashion lovers to its newest collection at a sale at the Hotel Saskatchewan Radisson Plaza on Aug. 20.

The launch of H&B's Autumn/Winter 2014, Contain de Pico collection was attended by celebrity photographer Carolee Greenberg, who shot the collection look book and campaign images earlier this year at Casa Loma, Toronto's historic castle.

The 160-piece collection reimagines the ethereal while evoking a sense of power, strength and determination," explained an H&B media release. "H&B crafts a tale of timeless femininity with hand-crafted accessories designed to reveal a new realm of wonder and wheremy."

This fall also marks the launch of the Hillberg & Berk Foundation "an initiative that will support local, national and international organizations and empower women worldwide." In conjunction with the launch of the new foundation, The Hillberg & Berk Endowment Award will be presented to a female student at the University of Regina's Paul J. Hill School of Business "who has demonstrated an extraordinary spirit, a commitment to her community and excellent academics."

Since the brand's inception, H&B has raised more than \$100,000 for charities that champion women whose work has inspired social change.



1. Lissa McEachern, Emily Seeger and Lydia Beck

2. Rachel Mackie and Brett Wilkins

3. Joanne Ritter and her daughter Lorne Ritter

4. Carol Milbringer, Doreen Warner, Sherry Abbott and Linda Rathay

5. Jim Hopkins

6. Amanda Voroney and Chris Overend

QC PHOTOGRAPH BY BRYAN SCHLOSSER

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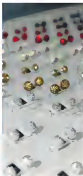
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OUTSIDE THE LINES

Wait!

Colouring contest

Each week Stephanie McKay creates a timely illustration meant to please kids of all ages.

Children can colour the page, have a picture taken with the finished product and email it to cp@leaderpost.com. One winner will be chosen each week.

Please send entries by Monday at 9 a.m.



Last week's contest winner is Brooke Higgins, age 4. Thanks to everyone who submitted entries!

WINE WORLD

LUNA ARGENTA

Appassimento smooth, dark and absolutely divine

By James Romanow

There is one word on a label that should instantly cause you to buy the bottle. The word is "Appassimento," or "Piovinamento" — an Italian term for the wine world. Essentially it is a method of making wine from raisins. Such wines are absolutely divine.

You can find a handful of wines made this way in Italy and France, like Van der Grinten, a dessert wine in the west of Italy and vine the name is French. The most famous and popular of these is Amarone, from the Veneto area. I don't know about you but when I find an Amarone in a friend's basement I work on getting it opened and drinking as much as I can before my host has a drop.

Lately the Appassimento method has started to spread away from the Veneto. Italian winemakers are using it on a wide variety of grapes looking for interesting results. I know this was happening but had never found any examples as far as I was and Alberta until I saw this bottle of Luna Argenta in the Seabrook Group.

Luna Argenta is made with Negramoncino and Primitivo de la. Richer than grapes. Primitivo is a high sugar grape and Negramoncino a perfumed dark wine with no sugar. The Appassimento process has made both of the grapes sweeter, richer and fuller, and produced a sticky dark wine of very pleasant intensity. This



is what I wish California Zinfandel tasted like.

The location is remarkably smooth for a two-year-old wine. There's great structure but none of the Cabernet-like snap on the soft palate. I'd love to taste this wine after a few years of cellaring.

If you're in Seabrook, this is wine you should seek out.

Luna Argenta Appassimento, Italy, 2012, \$17.40 ***

Find me on Twitter @jromanow

Crossword/Sudoku answers

BOAR	FALL	TESTS
ARTE	ALTA	IGUIT
REDS	BODY	DOURLE
TIMEOUT	MYNA	
ADIEU	RAE	TRIO
SACKGROUND	SOUND	
SHORN	WRITE	
AVA	TOCATA	NOS
SITAT	OMEGA	
PERSONAL	GAGGAGE	
SWAR	AND	CLATUP
ALIB	DANNES	
BLANCH	CHEN	HALO
LANCE	OPIC	ASAN
TOSEA	NAVY	NEWS

8	9	7	6	1	5	4	2	3
3	5	4	7	8	2	6	9	1
2	1	6	3	9	4	5	8	7
9	4	2	8	7	1	3	5	6
7	6	1	2	5	3	9	4	8
5	8	3	4	6	9	1	7	2
4	7	8	5	3	6	2	1	9
6	2	9	1	4	7	8	3	5
1	3	5	9	2	8	7	6	4

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